

**Mondays to Fridays**

**NOTE**—Between Stratford and Romford Station buses run every 6 minutes during peak hours.

[illegible]

<b>Bow Church</b>	....	.....	.....	.....	.....	1742	1759	1810	1821	1835	1843		
<b>Strafrod Bus Station</b>	1014		1550	1555	Then	1757	1814	1825	1836	1844	1852	1900	2321
<b>Forest Gate Green Street</b>	1022	Then	1558	1603	about	1806	1823	1834	1843	1851	1859	1907	2328
<b>Manor Park Broadway</b>	1026	about	1602	1607	every	1810	1827	1838	1846	1854	1902	1910	2331
<b>Hford Broadway</b>	1032	every	1608	1613	12	1819	1836	1844	1852	1900	1908	1916	2337 2343
<b>Seven Kings Garage</b>	1039		1615	1620	minutes	1827	1843	1851	1859	1907	1915	1923	2344 2352
<b>Chadwell Hill Coopers Arms</b>	1045	6 minutes	1621	1626	until	1833	1859	1857	1905	1913	1921	1925	2350
<b>Romford Market</b>	1052	until	1632	1637		1836	1890	1900	1912	1920	1940		0001
<b>Romford Station</b>	1102		1638	1643		1849	1905	1913	1921	1929	1937	1945	0006

Sutton Bus Station	2333	2345	2357
Forest Gate Green Street	2340	2352	0004
Manor Park Broadway	2343	2355	0007
Ilford Broadway	2349	B 0001	B 0013
Seven Kings Garage	2356	0008	0016 0020
Chadwell Heath Coopers Arms	0002	0014	
Romford Market	C	0025	
Romford Station		0030	

**Saturdays**

[illegible]

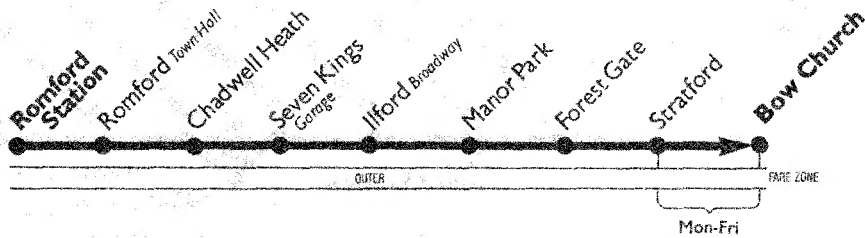
Sratford Bus Station	2323	2333	2343	2353
Door Gate Green Street	2330	2340	2350	2400
Manor Park Broadway	2333	2343	2353	0003
Ilford Broadway	2339	B 2349	B 2359	B 0009
Seven Kings Garage	2346	2353	2356	0003 0013 0016
Chadwell Heath Coopers Arms	2352		0012	
Romford Market	0003		0023	
Romford Station	0008		0028	

**Sundays (and National Public Holidays)**

Stratford Bus Station	.....	0709	0739	0809	0839	Then	54	09	24	39	2324	.....	2339	.....	2354	
Forest Gate Green Street	.....	0716	0746	0816	0846	at	01	16	46	.....	2331	.....	2346	.....	0001	
Manor Park Broadway	.....	0719	0749	0819	0849	these	04	19	34	49	2334	.....	2349	.....	0004	
Iford Broadway	.....	0724	0754	0824	0854	minutes	09	24	39	54	UNTIL	2339	B	2354	B	0009
Seven Kings Garage	0641	0706	0731	0801	0831	0901	past	16	31	46	01	2346	2352	0001	0007	0016
Chadwell Heath Coopers Arms	0647	0712	0737	0807	0837	0907	each	22	37	52	07	2352	.....	0007	.....	.....
Romford Market	0658	0723	0748	0818	0848	0918	hour	33	48	03	18	0003	.....	0018	.....	.....
Romford Station	0703	0728	0753	0823	0853	0923	38	53	08	23	.....	0008	.....	0023	.....	.....

**B—Starts from Ilford Town Hall.**

C—Continues to Chadwell Heath Wangey Road.



## Mondays to Fridays

NOTE: Between Romford Station and Stratford buses run every 6 minutes during peak hours.

Romford Station	0532	0554	.....	.....	.....	.....	.....	0642	.....	.....	0642	.....	0642	.....	0842	0848	0855	0902
Romford Market	0536	0558	.....	.....	.....	.....	.....	0628	.....	.....	0646	.....	0646	Then	0847	0853	0900	0907
Chadwell Heath Coopers Arms	0546	0608	.....	.....	.....	.....	.....	0638	.....	.....	0656	.....	0656	about	0900	0906	0913	0920
Seven Kings Garage	0552	0614	0623	0626	0632	0638	0639	0644	0647	0650	0656	0702	.....	every	0906	0912	0919	0926
Ilford Broadway	0602	0622	0633	0634	0640	0646	0649	0652	0657	0658	0704	0710	0710	12	0916	0922	0929	0936
Manor Park Broadway	D	0628	D	0640	0646	0652	D	0658	D	0704	0710	0716	.....	minutes	0922	0928	0935	0942
Forest Gate Green Street	.....	0631	.....	0643	0649	0655	.....	0701	.....	0707	0713	0719	.....	until	0926	0932	0939	0946
Stratford Bus Station	.....	0637	.....	0649	0655	0701	.....	0707	.....	0713	0719	0725	.....	.....	0937	0941	0947	0953
Bow Church	.....	0646	.....	0658	A	0710	.....	A	.....	0722	A	0734	.....	.....	0946	A	A	A
Romford Station	0909	.....	1436	1442	.....	.....	1506	1512	.....	1530	.....	1742	1748	.....	1847	1859	.....	.....
Romford Market	0914	Then	1441	1447	.....	.....	1511	1517	.....	1535	Then	1747	1753	.....	1851	1903	.....	.....
Chadwell Heath Coopers Arms	0927	about	1451	1457	.....	.....	1521	1527	.....	1545	about	1758	1804	.....	1901	1913	.....	.....
Seven Kings Garage	0933	every	1457	1503	1518	1527	1533	1542	1551	.....	every	1804	1810	.....	1907	1919	.....	.....
Ilford Broadway	0942	6	1506	1512	1527	1536	1542	1551	1600	12	1813	1819	8	1915	1927	.....	.....	.....
Manor Park Broadway	0948	minutes	1512	1518	1533	1542	1548	1557	1606	minutes	1819	1825	minutes	1921	1933	.....	.....	.....
Forest Gate Green Street	0952	until	1516	1522	1537	1546	1552	1601	1610	until	1822	1828	until	1924	1936	.....	.....	.....
Stratford Broadway	0959	.....	1523	1529	1544	1553	1559	1608	1617	.....	1829	1835	.....	1930	1942	.....	.....	.....
Bow Church	A	A	A	1538	1553	1602	1608	1617	1626	.....	1838	A	.....	A	A	.....	.....	.....
Romford Station	1905	1911	.....	2259	2311	2323	2335	2347	.....	2359	0011	0032	.....	.....	.....	.....	.....	.....
Romford Market	1909	1915	Then	2303	2315	2327	2339	2351	.....	0003	0015	0036	.....	.....	.....	.....	.....	.....
Chadwell Heath Coopers Arms	1919	1925	about	2313	2325	2337	2349	0001	C	0013	0025	0046	.....	.....	.....	.....	.....	.....
Seven Kings Garage	1925	1931	every	2319	2331	2343	2355	0007	0011	0019	0031	0052	.....	.....	.....	.....	.....	.....
Ilford Broadway	.....	1945	12	2327	2341	2353	0005	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Manor Park Broadway	.....	1948	minutes	D	D	D	D	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Forest Gate Green Street	.....	1948	until	2336	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Stratford Broadway	.....	1954	.....	2342	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Bow Church	A	A	A	A	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....

## Saturdays

Romford Station	0532	0602	.....	0622	.....	0642	.....	0702	.....	0722	.....	0901	.....	1728	1734	1739	.....	.....
Romford Market	0536	0606	.....	0626	.....	0646	.....	0706	.....	0726	Then	0907	Then	1734	1740	1745	.....	.....
Chadwell Heath Coopers Arms	0546	0616	.....	0636	.....	0656	.....	0716	.....	0736	about	0918	about	1745	1751	1756	.....	.....
Seven Kings Garage	0552	0622	0632	0642	0652	0702	0712	0722	0732	0742	every	0924	every	1751	1757	1802	.....	.....
Ilford Broadway	0602	0630	0640	0650	0700	0710	0720	0730	0740	0750	10	0933	5	1800	.....	1810	.....	.....
Manor Park Broadway	D	0636	0646	0656	0706	0716	0726	0736	0746	0756	minutes	0939	minutes	1806	.....	1816	.....	.....
Forest Gate Green Street	.....	0639	0649	0659	0709	0719	0729	0739	0749	0759	until	0942	until	1809	.....	1819	.....	.....
Stratford Bus Station	.....	0645	0655	0705	0715	0725	0735	0745	0755	0805	.....	0949	.....	1815	.....	1825	.....	.....
Bow Church	.....	0648	0658	0708	0718	0728	0738	0748	0758	0808	.....	0952	.....	1818	.....	1828	.....	.....
Romford Station	1744	1749	.....	2302	2312	2322	2332	2342	2352	0012	0032	.....	.....	.....	.....	.....	.....	.....
Romford Market	1750	1755	Then	2306	2316	2326	2336	2346	2356	0016	0036	.....	.....	.....	.....	.....	.....	.....
Chadwell Heath Coopers Arms	1801	1806	about	2316	2326	2336	2346	2356	0006	0026	0046	.....	.....	.....	.....	.....	.....	.....
Seven Kings Garage	1807	1812	every	2322	2332	2342	2352	0002	0012	0032	0052	.....	.....	.....	.....	.....	.....	.....
Ilford Broadway	.....	1820	10	2330	2342	2352	0002	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Manor Park Broadway	.....	1826	minutes	2336	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Forest Gate Green Street	.....	1829	until	2339	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Stratford Broadway	.....	1835	.....	2345	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Stratford Bus Station	.....	1838	.....	2348	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....

## Sundays (and National Public Holidays)

Romford Station	.....	0707	0737	0807	.....	0837	.....	0907	.....	0927	.....	42	57	12	27	.....	2257	.....
Romford Market	.....	0711	0741	0811	.....	0841	.....	0911	.....	0931	Then	46	01	16	31	.....	2301	.....
Chadwell Heath Coopers Arms	.....	0721	0751	0821	.....	0851	.....	0921	.....	0941	at	56	11	26	41	.....	2311	.....
Seven Kings Garage	0627	0657	0727	0757	0827	0842	0857	0912	0927	0937	these	02	17	32	47	.....	2317	.....
Ilford Broadway	0634	0704	0734	0804	0834	0849	0904	0919	0934	0944	minutes	09	24	39	54	UNTIL	2324	.....
Manor Park Broadway	0639	0709	0739	0809	0839	0854	0909	0924	0939	0949	past	14	29	44	59	.....	2329	.....
Forest Gate Green Street	0642	0712	0742	0812	0842	0857	0912	0927	0942	0952	each	17	32	47	02	.....	2332	.....
Stratford Broadway	0648	0718	0748	0818	0848	0903	0918	0933	0948	0958	hour	23	38	53	08	.....	2338	.....
Stratford Bus Station	0651	0721	0751	0821	0851	0906	0921	0936	0951	1001	1011	26	41	56	11	.....	2341	.....
Romford Station	2312	2327	2342	2357	0012	0027	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Romford Market	2316	2331	2346	0001	0016	0031	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Chadwell Heath Coopers Arms	2326	2341	2356	0011	0026	0041	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Seven Kings Garage	2332	2347	0002	0017	0032	0047	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Ilford Broadway	.....	2341	2356	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Manor Park Broadway	.....	D	D	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Forest Gate Green Street	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Stratford Broadway	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Stratford Bus Station	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....

A—Continues to Stratford Bus Station.

C—Starts from Chadwell Heath Wangey Road.

D—Continues to Ilford Station Ley Street